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DEC PODS

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Maati Rose-Innes is a Professional Member of The Monroe Institute and a partner, with Cedric van Heerden, in Creative Processes Ltd. of Cape Town, South Africa. A deep interest in healing led Maati to join the Dolphin Energy Club at the end of 1992. Because she had been involved in healing groups of various persuasions in the past, it was natural to gather a number of her previous colleagues around her. Thus, the first DEC group was formed. Here is the story (through 1993) of how the group chose to organize themselves and their unique experiences with DEC energy work.

Some acronyms were chosen to make discussion within the group easier:

DEC — the dolphin image that focuses healing energy;

ODEC — the partner/owner of a DEC;

DECMATE — the recipient of DEC energy, DEC's playmate, the healee;

DECPOD — ODECS who meet together for DEC work.

The initial DECPOD consisted of about eight members. All of them had completed the first two Waves of the Gateway Experience® and were thus familiar with the concepts of Focus 10, the Rebal, the Energy Conversion Box, the Energy Bar Tool, and the Living Body Map. The group then used two sessions for processing the Dolphin Energy Club PREP tape. For DECPOD sessions, a headphone harness connected everyone to the tape player. The ODECS usually lay on foam mattresses with a light blanket, according to the temperature. One person was designated as operator to start the tape, control the volume, and switch off.

At the start, we took it in turns to be the DECMATE. It seemed wise not to go out and just try the DEC energy on a stranger before experiencing it ourselves. This proved to be quite enlightening. Group members suddenly realized that they were actually the DECMATE. They were about to expose themselves, and their inner secrets, to the highly gifted and perceptive people around them in the room. It was only the Body Map that the ODECS were going to go into. Despite some apprehension, they went along with it.

After the DEC tape ended, the ODECS reported what they saw, heard, or felt. Then the DECMATE reported what he or she experienced. It was useful to make written notes immediately after coming out of the tape. That practice insured against forgetting information while listening to others report. A small, portable recorder was passed around for each to use in turn. Recollections differed widely, but there was a consensus: yes, there was something

going on, and certainly there was a sense of well-being afterward. Also, the DEC energy seemed to work more prominently on the emotional body. Some DECMATES were overwhelmed and tears were common. Many felt a decided increase in body temperature which faded soon afterward. Early in the group's existence, participants felt rather disconnected at the end of the tape and took some minutes to "come back." It was important to have drinking water within reach, since everyone was also fairly thirsty afterward.

As they progressed together, each ODEC found his or her DEC developing individual characteristics. Some DECS acquired names. Mine is Tom, and he does what he wants to do, not what I tell him to do. DECS grow larger or smaller according to the circumstances. All of them snuggle up to their ODECS after a job. DECS have developed specialties: Tom works best with the physical body map, Jenny's DEC with the emotional map, etc. Cedric's DEC often refuses to go and do his bit and instead gives us a four- or five-scene movie as encouragement for the DECMATE.

DECMATES—other than DECPOD members—who come to sessions are connected up to the headphone network. They listen to the whole Dolphin Energy Club application tape with the rest of the group and are briefed beforehand about what is going to happen. They are urged to just relax and flow with it, without expecting to see/hear/feel anything. After the tape, the usual reporting routine is observed. Then the guest DECMATE is asked to comment. Usually they say that they did not feel much as they went to sleep until near the end, but they now feel good and comfortable.

Only positive information is offered to the DECMATE in the DECPOD setting, and then circumspectly. Any other diagnoses or impressions are communicated afterward to me and shared later in private if this seems warranted. When the DECMATE is not present, the ODEC reports can be freer. However, only positive comments are passed on to the DECMATE.

The one rule of the Dolphin Energy Club is that the prospective DECMATE must "ask for help." This has not been so easy to explain, but it is insurance against any tendency of "healers" to want to go out and "save the whole world with their power." This basic principle that the DECMATES, in their conscious awareness, have to ask and do their bit by reporting progress is carefully observed.

The first attempt to find a DECMATE who was not in the room was rather difficult. Most ODECS were not sure whether they had managed to find the DECMATE at all. The following process was developed and found to be effective: one ODEC in the group is designated the leader to locate the DECMATE. This individual may have a photo of the DECMATE, know them personally, or know their location. When it is time to go to the DECMATE during the tape exercise, all the ODECS visualize their DECS swimming around the room for a short while.

Then they follow the DEC who knows the “address” of the DECMATE. To strengthen the imagery, when the DECS leave the room they dive through an “S”-shaped stream of rainbow light—first up, then down the curved slope and into the ether following the leading DEC to the designated recipient. The procedure is reversed on the return trip with one exception: all the DECS remember to wriggle, wash, and cleanse themselves in the rainbow energy before snuggling back with their ODEC. On first hearing, this process may seem a bit silly, but it works just fine in practice. The DECS seem to have great fun with it, and the “S” slope really gives the feeling of shooting up and out to the DECMATE. We’ve been informed that etheric energy seems to move in wave form rather than in a straight line.

During the months of working with the DECPOD, the most difficult aspects have been the interrelationship between the ODECS themselves and the inclination to consider oneself “a healer” and rather a special person as a result. This can introduce dissension and jealousy. The concept of sending one’s DEC to do the work, rather than using personal energy, only partially circumvents this tendency. Intergroup gossip may arise and lead to simmering conflicts which even the most skillful handling cannot balance. One DECPOD was quietly discontinued as a result. This aspect is unlikely to be an issue in individual work. It is mentioned here as a caution to others considering group activity. We have grown from this, and all of our experiences, and appreciate the insights DEC service continues to give us.

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